# ALCOHOL MISUSE

COMMAND DAPA

# Alcohol Misuse Intro

- Alcohol misuse could damage:
  - Health and safety

- Fact: Alcohol has been misused by 1 in every 4 person

# Importance

- Negative results:
  - Individual ostracize
  - Command Team
  - Navy Organization – statistics
- These directly correlates to readiness
- Misuse – illegal use or use that ends in a negative consequence

# Objectives

- Identify circumstances that may lead to alcohol misuse
- Identify enabling and its signs
- Identify the Navy’s Policy on Responsibility
- How can Command break enabling patterns
- Identify sources of help

# Circumstances that may lead to misuse

- Pregnant or trying to get pregnant
- Taking prescription medication
- Recovering alcoholic
- Driving or planning to drive

# Enabling

- Blocking the consequences of a person that misuses alcohol
- Enablers think that they are helping, but they are not.
  - Enabling creates an atmosphere to accommodate unacceptable behavior
  - People enable for the following reasons
    - To protect user
    - To maintain friendship
    - To feel good because you helped someone

# Enabling Signs

- Inviting misuser to places where alcohol use occurs
- Overlooking unacceptable behaviors
- Overlooking verbal comments about alcohol use
- Failing to report incidents
- Attempting to handle behavior by yourself

# Enabling signs - con’t

- Believing a Sailor could not be involved because of the Sailors outstanding performance
- Not dealing with known alcohol behaviors to protect your position
- Covering up for a misuser
- Doing the work of the misuser

# Command enabling

- Failure to:
  - Establish written policy and enforcing the policy
  - Intervene if there are signs of misuse, abuse or dependency
  - Take disciplinary action
- Relying on GMT, posters or policy to eliminate problem
- Not using resources

# Navy's Alcohol Policy

- Navy's policy on alcohol is "RESPONSIBLE USE"
- Alcohol shall not be consumed to the extent that it will:
  - Impair a Sailors mental or physical faculty while in the performance of any military duties
  - Reduces the Sailors dependability or reliability
  - Reflects discredit upon the Sailor or the Navy

# Command responsibility

- Commands must
  - Emphasize responsibility and moderation
  - Deglamorize alcohol use
  - Provide non-alcoholic beverages at all functions
  - Implement policies and programs to re-enforce message
  - Discipline and take corrective action

# Supervisor Responsibility

- Supervisors must
  - Deglamorize alcohol use
  - Be an example of responsible behavior
  - Foster a climate that promotes professionalism on and off duty
  - Exercise positive leadership
  - Demonstrate full support for the Navy’s drug and alcohol program

# Supervisor Responsibility (con't)

- Educate and Train
- Observe and document evidence of alcohol misuse
- Refer possible misuse to Command DAPA

# Personal Responsibility

- NO DRINKING AND DRIVING
- No misuse
- No public drunkenness
- Uphold Navy policy OPNAVINST 5350.4
- Abide by local laws and policy

# Everyone’s Responsibility

- Be aware of warning signs
- Take positive steps to ensure that shipmates do not abuse alcohol
- Stop shipmates before they misuse alcohol
- Encourage shipmates to seek assistance

# Commands role to Break Enabling Patterns

- Educate all hands
- Have a plan – address misuse consistently
- Committed to the plan – standing by plan
- Conduct alcohol screening
- Have consequences for misuse – such as
  - Informal counseling
  - Fitness reports
  - Admin separation

# Individual Breaking the Pattern

- BE HONEST WITH YOURSELF
- TELL THE TRUTH

# Sources of Help

- Al-Anon – free community organization to provide support and assistance.
- Chain of Command
- Command DAPA
- Medical
- Fleet and Family Support Center

# Conclusion

- You should be able to
  - Identify circumstances that may lead to alcohol misuse
  - Identify fact about enabling
  - Signs of enabling
  - Identify Command and individual responsibility to Navy’s policy
  - Identify Command and individual role in breaking enabling pattern

# *QUESTIONS?*